

			RECF	REATIO	NAL LOOP	703					
	Map Grid	Loop ID	Start Lo		Recommended Direction of Trav		tance Miles	Experience Level	Loo	p Features	
	E7	703	Ham	npton	Clockwise		11.8	Beginner		aylor River at Meadows	
ELORME											Topo US
00 ft		~/			1						
011		2 mi			II.		5 mi	l 8mi		10 mi	11.8
Off Oni		I 2 mi		QUE She	4mi		6 mi	8 mi		10 mi	11.0
Ont Oni	USA® 6.0.	I 2mi			et Loop 703	Dist (Miles)	Total Dist (Miles)	l 8 mi		1 10 mi	11.8
Ont Oni	USA@ 6.0.	urn		R Timber Swa	eet Loop 703 Road amp Road / NH		Total Dist	l 6 mi		10 mi	11.8
00 ft 0 mi	T S	urn <i>tart</i>	at	R Fimber Swa	Road amp Road / NH	(Miles)	Total Dist (Miles)	O mai		10 mi	11.8
0 ft 0 mi use subject to licen 06 DeLorme, Topo U	T S Straig	urn tart ht (SW)	at on	R Fimber Swa	Road Road / NH 27	(Miles)	Total Dist (Miles)	l 6 mi		10 mi	11.8
0 ft 0 mi use subject to licen 06 DeLorme, Topo U	T S Straig Keep R	urn tart ht (SW) ight (SW)	on on	R Fimber Swa Timber S Old Sta	Road Amp Road / NH 27 Swamp Road Road Road Road Road Road Road Road	1.22 0.84	Total Dist (Miles)	l 8 mi		1 10 mi	11.8
0 ft 0 mi use subject to liceni	T S Straig Keep R Turn F	urn tart ht (SW) ight (SW) Righ (W)	on on on	R Fimber Swa Timber Si Old Sta Brow	Road Amp Road / NH 27 Amp Road	1.22 0.84 0.38	Total Dist (Miles) 1.22 2.06 2.44	l e mi		1 10 mi	11.8
100 ft	T S Straig Keep R Turn F Turn L	urn tart ht (SW) ight (SW) kigh (W) eft (SW)	on on	R Timber Swa Timber S' Old Sta Brow Naso	Road Amp Road / NH 27 Swamp Road age Road vn Road on Road	1.22 0.84	Total Dist (Miles) 1.22 2.06 2.44 3.18	l e mi		1 10 mi	11.8
0 ft 0 mi use subject to liceni	T S Straig Keep R Turn F Turn Rig	urn tart ht (SW) ight (SW) Righ (W)	on on on on	Rimber Swa Timber S Old Sta Brow Nasc Drinkw	Road Amp Road / NH 27 Amp Road	1.22 0.84 0.38 0.74	Total Dist (Miles) 1.22 2.06 2.44	l e mi		1 10 mi	11.8

www.nh.gov/dot/nhbikeped Regions. To order maps of the other tourist regions go to This map is part of a 7 map series based on the State's 7 Tourist

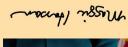
Route 101 is limited access in this region. looking for lobster or steamers, you've come to the right place! NH Places to stop for a bite to eat or ice cream are abundant, and if you're The upside is that the terrain in this region is generally flat to rolling. months particularly along NH1A, which meanders along the coast. destination, the Seacoast region draws heavy traffic during the summer Hampshire. Because the area is an extremely popular tourist offers some of the most scenic and sought after cycling in all of New Though boasting only 18 miles of ocean views, the Seacoast region

SEACOAST REGION

-Maggie Hassan, Governor

shopping and that you will visit us often. history, recreational activities, and tax-free generations. I hope that you will enjoy our rich has inspired artists, poets and writers for between, you will experience the scenery that vibrant cities and small-town main streets in sandy beaches along our Seacoast, and all our Country, to our beautiful lakes and rivers, to the noble mountains that tower over the North you travel our state on your bike. From the Hampshire's awe-inspiring natural beauty as This bicycle map will help you discover New Welcome to New Hampshire!

Dear Friends,

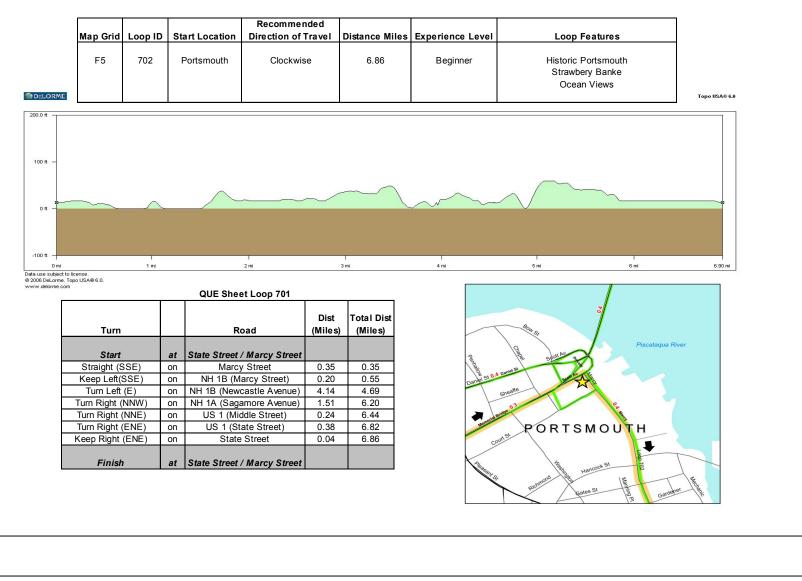




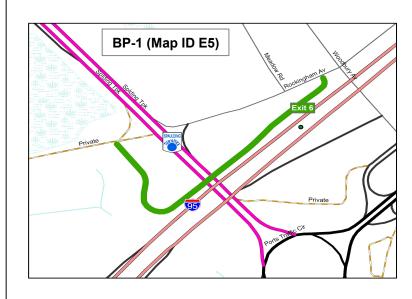
NEW HAMPSHIRE BICYCLE MAP

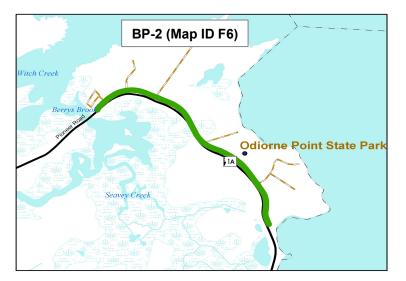






RECREATIONAL LOOP 702





Seacoast Region Park and Ride Lots

٠٠٠ کې ک	Map Grid	Map ID	Town	Location	Spaces	Lights	Bus Shelter	Bike Parking	Public Phone	Public Transit	Transit
	A9	P 6	Hampstead	Junction of NH 111 & 121	104	Yes	No	Yes	No	No	
	B10	P 7	Plaistow	Westville Road off NH 125	275	Yes	Yes	Yes	Yes	Yes	The Coach Company
	E7	P 8	Hampton	I-95 Exit 2, NH 101 East, Exit 13, NH 27, left onto Timber Swamp Road	103	Yes	No	No	Yes	No	
	В6	P 9	Epping	NH 125, Junction of NH 125 & 101, Exit 7 off NH 101	246	Yes	Yes	Yes	Yes	No	
	E6	P10	Portsmouth	NH 33 at I-95, Exit 3 (From I-95 South—Exit 3B)	50	Yes	No	Yes	Yes	No	
	E6	P-11	Portsmouth	Portsmouth Transportation Center, I-95, Exit 3 (From I- 95 South—Exit 3A)		Yes	Yes	Yes	Yes	Yes	C&J Trailways COAST

AERONAUTICS

		SEACOAST REGION AIRPORTS	visit the Past, Experience the Putare				
				Runway 1			
Map Grid	Map ID	Name of Airport	Town	Paved	Length(ft)		
E5	A-23	Portsmouth International Airport at Pease	Portsmouth	Yes	11,321		
E7	A-24	Hampton Airfield	Hampton	No	2,100		

Seacoast Region Rail Stations

HAMPTON

Map Grid	мар ір	Station	Address	i rain	Route
D3	T-4	Dover	33 Chestnut Street	Downeaster	
D4	T-5	Durham	3 Depot Road	www.amtrak.com	Portland to Boston
D7	T-6	Exeter	60 Lincoln Street	1-800-872-7245	

				Seacoast Region	Rest Area	IS
	Map Grid	Map ID	Name	Location	Phone	Schedule
4. 1	D9	R-17	Seabrook	I-95 NB, Seabrook	474-5211	Open all year, 24 hours/day, 7 days/week

Reflectors

Reflectors will increase your ability to be seen. No person shall operate a bicycle, except for a bicycle equipped with clipless pedals, unless such bicycle has pedals equipped with a reflector of a type approved by the 571.108 Table 2 and which shall be visible from a distance of 200 feet during darkness. (RSA 266:87(I))

No Person, during darkness, shall operate a bicycle equipped with clipless pedals unless the operator is wearing either reflectorized leg bands on the lower exterior of the operator's legs or some other type of light reflective equipment on the exterior of either the operator's legs or shoes. (RSA

Handlebars and Seat

Be sure your bicycle fits you. Keep handlebars and seat adjusted tightly and correctly. A person propelling a bicycle shall not ride other than upon or astride a permanent and regular seat attached to the bicycle. (RSA

Don't Carry Passengers No bicycle shall be used to carry more persons at one time then the number

for which it is designed and equipped. (RSA 265:144(II)) **Don't Cling to other Vehicles** Clinging to a moving vehicle is extremely dangerous. No person riding a bicycle shall hold fast to or hitch onto

any vehicle moving upon a way. (RSA

265:144(III), RSA 265:145)

Helmets Must Be Worn By Children Under 16 Years of Age

No person less then 16 years of age may operate or ride upon a bicycle on a public way unless he or she wears protective headgear of a type approved by the commissioner of Health and Human Services (RSA 265:144(X))

Ride Single File

Never block traffic by riding two abreast. Persons riding bicycles two or more abreast shall not impede the normal and reasonable flow of traffic, and on a laned roadway shall ride within a single lane. (RSA 265:144(V))

Use of Hand Signals

Bicyclists intending to turn right or left shall not be required to give a continuous hand or arm signal if the hand is needed in the control or operation of the bicycle. (RSA 265:144(VI))

Respect the Laws in NH

Any bicyclist shall stop upon demand of a peace officer and permit his bicycle to be inspected. (RSA 265:144(VIII)) Any city or town shall have the power to make ordinances, bylaws or regulations respecting the use and equipment of bicycles. (RSA 265:149)

Keep your Bicycles Safe

Do a bicycle safety check before you ride. No bicycle shall be operated unless the steering, brakes, tires and other required equipment are in safe condition. (RSA 265:144(IX))

Traffic Laws Apply to Bicycles

Date: March 2008

Every person riding a bicycle has the same rights and privileges of persons driving cars. The bicycle driver has the same responsibilities as other drivers. Every person riding a bicycle shall have all of the rights and be subject to the duties applicable to the driver of any other vehicle under the rules of the road. (RSA 265.143)

Lights Required for Night Riding You must see and be seen to be safe

on a bicycle. Every bicycle operated upon any way during darkness shall be equipped with a lamp emitting a white light visible from a distance of 300 feet in front of the bicycle and with a red reflector on the rear of a type approved by the director, which shall be visible from a distance of 300 feet to the rear when directly in front of the lawful upper beams of headlamps on a motor vehicle. A lamp emitting a red light visible from 300 feet to the rear may be used in addition to the red reflector. (RSA 266:86)

<u>Brakes</u>

In order to ride safely you must be able to stop your bicycle when you want to. Maintain your brakes in good condition and check them before each ride. Every bicycle shall be equipped with a brake or brakes which will enable its driver to stop the bicycle within 25 feet from a speed of 10 miles per hour on dry, level, clean pavement. (RSA

IMPORTANT DISCLAIMER: Read before using this map.

This map is being provided as a public service for informational purposes only. The State of New Hampshire as well as the cities and towns on whose roadways and rail-trails you will travel, and the agencies, groups and individuals who have contributed to the development of this map (hereinafter the "contributing parties") are not responsible for your personal safety. The contributing parties make no warranties or guarantees regarding the accuracy of the map's content, as well as to the safety, condition and usability of the roads and rail-trails depicted on this map for use by bicyclists and the general public. The contributing parties shall not be liable to you for any loss or injury arising out of the map's use.

Provider	Route	Description	Contact					
Coast	1	Dover, Somersworth, Berwick	603-743-5777					
	2	Portsmouth, Dover, Rochester						
	6	Rochester, Farmington						
	7	7 Newmarket, Exeter, Portsmouth, Newington						
	Trolley	Trolley Portsmouth, Newington						
	Seacoast	Seabrook, Hampton, Portsmouth, Newington						
	Dover	Dover HS, Dover						
Wildcat Transit	3	Durham, Dover, Madbury						
	4	4 Durham, Newington, Portsmouth						
	5	Durham, Newmarket						

SEACOAST TRANSIT

SEACOAST REGION

STATE DADKS & MATHDAL ADEAS

STATE PARKS & NATURAL AREAS													
Map Grid	Key	PARK OR NATURAL AREA	Mtn. Biking	Boat Launch	Boating	Camping	Fishing	Guided Tours	Hiking	Pets Allowed	Picnicking	Swimming	Winter Use
F5	56	Fort Constitution Historic Site									Х		
F6	57	Fort Stark Historic Site							Х				
E9	58	Hampton Beach State Park				Х	Х				Х	Х	
E9	59	Hampton State Marina		Х	Х		Х						
F7	60	Jenness State Beach										Х	
		10 1 0 1											
B8	61	Kingston State Beach									Х	Х	
Ε0	00	North Doorb										v	
E8	62	North Beach										Х	
E7	63	North Hampton State Beach										Х	
E1	03	North Hampton State Beach										^	
F6	64	Odiorne Point State Park	Х	х	Х		Х		х		х	Х	х
10	04	Odiorne i oliit State i aik	_^	_							_	^	-
F7	65	Rye State Marina		х	Х		Х						
.,		Tryo otato mama		<u> </u>	<u> </u>		<u> </u>						
F7	66	Rye Harbor State Park					Х				х		
. ,		. iyo . ia. bo. Otato i aik					Ĥ						
F6	67	Wallis Sands State Beach										Х	
F6	68	Wentworth-Collidge Mansion						Х					

New Hampshire State Parks have varying degree of accessibility. Most parks have accessible restrooms and picnic facilities, and all state park campgrounds have accesssible campsites. To ensure that the appropriate facilities are

available to meet specific needs, please call ahead to the park you hope to visit.